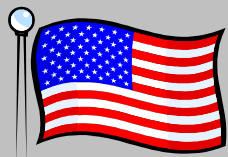


NIMITZ Family News

Volume 1, Issue 1

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USS NIMITZ
Care Line
1-800-600-NAVY

Call the NIMITZ Care
Line for up to date
information from the
Command Ombudsman
Team.

EMAIL:
ussnimitzombudsman
@yahoo.com
PAGER:
619 1600

The ships schedule will
never be placed on the
Care Line. This measure is
meant to protect the lives
of our crew and the ship.

Welcome Aboard Captain Cone

NIMITZ Family and Friends,

I am honored to introduce myself as NIMITZ' new Executive Officer. I am proud to be part of a team that has a great reputation and is about to do something very important for the country. Prior to arriving here I was assigned to the Pentagon, but before that I was in various helicopter squadrons here at NAS North Island. I have lived in San Diego for about 13 of my 21 years in the Navy, also I've been assigned to NIMITZ twice before as a member of the Air Wing. This upcoming deployment will be my third aboard USS NIMITZ. I am very familiar with the San Diego area and the unique benefits and challenges to families assigned here. I am excited to be associated with the NIMITZ family again and glad to be back in San Diego.

NIMITZ has been operating at a very hectic pace for many months, but the hard work has paid off and the ship is ready for any task that it may be assigned. I see the results of all this hard work and want to make sure we remain ready when we are called on.

Although our future is uncertain, please know that we will inform everyone, through announcements to the crew and through the Ombudsman, as soon as we know anything about our schedule, both now and later in the deployment. We know that all the changes in schedule and rumors can cause a lot of stress, so the chain of command will do everything we can to keep information flowing. Don't let rumors overwhelm you, we will give the accurate information when we get it.

Again, I am very happy to be part of the NIMITZ team, we will soon be called upon to do what we have been preparing for and I know that the whole NIMITZ crew and family will be ready.

GO TEAM NIMITZ!
Captain Bill Cone



A Preview of what's inside....

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Meet your Command Family Ombudsmen



Hi, my name is Darleen Glenn and I am excited to be a new Ombudsman for the USS NIMITZ. My husband, Marshall has been in the Navy for 10 years and we have 2 wonderful daughters. I am driven by the desire to help the loved ones of our military members, to find the information and resources they may need, and to help them cope in these difficult times.

I look forward to doing my part to help support you, the families of the USS NIMITZ.

Hi, my name is Patricia Hemcher, and I am a proud Navy Wife of James Hemcher. I am honored to be a Command Ombudsman for OUR USS NIMITZ, her Sailors, and her Families.

In my life, I have purposely chosen to take on challenges that center around people. I have volunteered as an Emergency Medical Technician, with my local fire department; and as a Sunday School teacher. I changed career paths after college from research to a paraprofessional supporting the educational, emotional, and behavioral needs of students with disabilities. But when school was out for the summer, I had a blast as a camp Director! I am definitely what would be stereotyped as a "people person."

I was born in Japan and raised in the military system as a dependant. Even now as a spouse, I still experience what it is like to be overwhelmed many times by the rules and regulations that govern many aspects of my life. I know what it feels like to have questions, fears, and concerns that you don't know how to deal with, don't have an answer to, and don't know who to turn to.

My greatest desire is to be able to support the families of the NIMITZ through what may seem like impossible times. Together, we can all weather whatever comes our way in this turbulent world.



Hello all! My name is Jenny Goudreau, and I am the new USS Nimitz Ombudsman. I have been a military family member for the better part of thirteen years, and am looking forward to the opportunity to support our military families during these uncertain times.

I am originally from Massachusetts, and have a background in teaching and social work. I have worked at three Fleet and Family Support Centers, and am currently pursuing a Master's Degree at National University in Human Behavior.

While this deployment is certain to bring us challenges, I feel very fortunate to be surrounded by such a great group of people. The Nimitz truly has the best the Navy has to offer, and we should feel proud to be a part of such a great team. I am looking forward to meeting all of you at the Team Nimitz meetings.

Hello to all. My name is Talena Lemaster a devoted ombudsman to the NIMITZ families. As an ombudsman my goal is to inform all families of how to survive in the Navy life. The Navy truly does take care of their own. With a vast supply of resources at hand, I will do what ever it takes to answer your questions and with the help of the ombudsman team we will not quit until we have provided you with the correct and current information. With the right resources and information we can all prosper.

With two young children of my own I too know the impacts of the Navy life on children. My spouse Lee an Operation Specialist having been in the Navy for sixteen years is a seasoned sailor. I attended Ohio University where I majored in psychology with a minor in communications. This helps with my role as an ombudsman to understand families and the challenges they face in Navy life.

My strength sustains me when I pray for wisdom and courage to face every day life not only as an ombudsman but also as a Navy spouse. In the wake of 911, I found it my patriotic duty to take a stance to support our great nation. I look forward to either meeting or corresponding with all NIMITZ families.

USS NIMITZ Command Family Ombudsmen

Who are they, and what can they do for you?

When you have a question or a problem and aren't sure where to turn.... contact your ombudsman. An ombudsman is a spouse of one of the command's active duty members. Ombudsmen are volunteers personally selected by the commanding officer. Being an ombudsman takes dedication, patience, and a desire to help.

As an official representative of Navy families, the ombudsman plays a vital role in establishing and maintaining good communications between the command, and the family members of personnel assigned to that command. They are the tool for passing along information such as any command messages, resources available in the civilian or military community, and an understanding of the military life-style.

Ombudsmen also are a source of providing comfort and support for the everyday needs of the command's family members. Their help to individual families includes friendship, information, problem solving, and a helping hand.

The ombudsman is not a mediator and does not get involved in chain-of-command matters, but is a person who can quickly direct you to the right resource to provide help for your specific concern. They handle problems that range from "minor" to "most serious".

After being appointed, ombudsmen are offered introductory and ongoing training. They are friendly, approachable, and are able to keep confidences. They are also "Navy Spouses" who have children, jobs, appointments, housework, and other daily responsibilities just like you!

Source: Navy Family Deployment Guide, Chp 6 "Resources"

Dear NIMITZ Families,

My name is Kathy Nelson and I have been your Lead Command Ombudsman since January 2002. I was also a member of the ombudsman team in November 1996 until March 2000. In those five years I have worked for four Commanding Officers, five Executive Officers, and five Command Master Chiefs. As we all know, we can't stay in one place for too long in the Navy.

My husband has received orders and we are no longer attached to the NIMITZ. It has been a great pleasure working with the current command. Captain Gilman is a very unique person who sincerely cares about his sailors and their families. It has been an honor to serve the families of ***The Finest Aircraft Carrier*** in the Navy.

I wish you all of the best during this deployment. I have great confidence in this command and the crew. I know that they will do what they have trained to do and return home to one of the most wonderful homecoming events ever planned.

I urge everyone to get involved with the Family Support Group, ***TEAM NIMITZ***. There are other volunteer opportunities within the community that will help to pass the time. The Navy life is only what you make it. So get involved. You never know who you might meet. I have made a lot of great friends in the NIMITZ Family and you know who you are.

I will always hold a special place in my heart for all of you. Who knows when we will meet again?

Happy Trails.....

Hello from TEAM NIMITZ!



Hello Team Nimitz Families

My name is Michele Hardman, I am one of your Team Leaders for The Nimitz Family Support Group. I have been married to my husband Darren for 12 years and we have four children ranging in age from 13 - 3. We have been with the Nimitz for almost 4 years and this is our second deployment.

Along with doing FSG I coach my daughters softball team and go to my son's baseball games and chase our three year old around, and with having a teenager I stay busy.

My main goal with FSG is to help families get thru this deployment with flying colors.

I have been on all three sides of the military starting with being a dependant while my father served to putting in five years and now being a spouse, it never gets any easier but you learn to adjust and with making great friends you can get thru anything.

I look forward to leading Team Nimitz down a great path and with the help of all our families we will survive.

I look forward to meeting everyone at our FSG meetings.



Hello Nimitz families—

My name is Lee Clancy and I am one of the newly elected TEAM Leaders for TEAM Nimitz, which is the family support group for the USS Nimitz. We serve all family members of sailors attached to the ship.

Our family includes my self, my husband Garrett, and our 3-year-old son Carson. We know first hand the emotional challenges that come with being a military dependent. We also know the pride and excitement of knowing what it is our Sailor is doing for our country and why we are here. Your military life is going to be everything you make it.

You have an abundance of support and knowledge available to you from your TEAM Leaders and Ombudsmen. TEAM Nimitz is a really great group of family members. It is still young, but it is growing and evolving into a resource of support for you. Meetings are held the second Tuesday of every month at 6:30 p.m. at the Murphy Canyon Chapel of Light in Murphy Canyon Housing. I encourage everyone to attend these informative and fun meetings to have some stability and friends while our Sailors are gone. Childcare is provided by the Child Development Center at a cost of \$3 per child. But, you do need to RSVP one week prior to the meetings by emailing TEAM Nimitz the name and age of your child.

I am very excited about being a TEAM Leader and look forward to meeting you all in this year. If you have any questions, please feel free to email us at teamnimitz@yahoo.com. If we cannot answer them for you, we will find out who can. Please utilize your resources and we will see you at our next meeting.

~~ EVENTS FOR APRIL ~~

April 5th – Lunch in the park at 11:30 am at Murphy Canyon Youth Center Park

April 18th – Free Movie Night 7 pm – 11 pm (location to be announced)

April 20th – Spring Dinner/Egg Hunt 4:00 pm (location to be announced)

April 30th – Trip to Birch Aquarium at Scripps

*****Call 1-800-600-NAVY option #4 for updates on activities.**

EMOTIONAL CYCLES OF DEPLOYMENT

Deployments evoke a variety of reactions, but many families experience a fairly predictable cycle of emotions: increased anxiety or stress as a deployment approaches; adjustment after a command deploys; and renewed, though positive, stress during reunion. These three phases are followed by a period of readjustment.

In each phase of the cycle, different emotions or reactions will take place. Listed here are some normal reactions and feelings you may have for each phase of the deployment

Pre-Deployment Phase (6-8 weeks prior to deployment)

- *Disbelief* – "It's too painful/scary to think about"
- *Anger* – "It's easier to say goodbye to someone you're angry with"
- *Guilt* – "I'll be glad when I'm/he/she is gone."
- *Fear* – "Can I do it?" or, "I'm afraid to be alone." Fear of the unknown.

Deployment Phase (during the deployment)

- *Relieved* – "Things were so tense before; I'm glad it's finally over. Now we can get on with our lives and start the countdown to reunion."
- *Anxious* – "Can I make it? Will my family be alright? What's going to go wrong?"
- *Frustration* – "It's happening and there is nothing I can do about it."
- *Guilt* – "How could I leave him/her?"

Suggestions for the deployment phase

- For those at home
 - o Find a support system – friends, church, other spouses
 - o Find employment or return to school.
 - o Participate in the Family Support Group
 - o Write long letters to your Sailor.
 - o Keep physically fit.
- For those at sea
 - o Write to each member of your family
 - o Sign up for PACE courses.
 - o Learn new skills in your rating
 - o Find a support system at sea.
- For both
 - o Consider setting some personal goals to accomplish during the deployment, such as:
 - Begin physical fitness routine
 - Quit smoking
 - Start a hobby.
 - Learn a new skill or language
 - Continue education

A six-month deployment can seem endless. Break the deployment into manageable pieces. By setting weekly goals and taking one day at a time, the deployment will seem much less overwhelming. Taking good care of yourself is very important. Keeping busy and having a positive attitude will help keep your stress level down and your energy up.

Taken from the USS NIMITZ Pre-Deployment Handbook.

DEPLOYMENT PLANNING FOR CHILDREN

Keeping the deployed parent in the picture even when they are gone can be hard and trying at times. Here are a few ideas to help you along:

- Try laminating pictures for children to carry around.
- Starting an album of momentums for older children.
- Care packages with drawings or cards to the deployed parent.
- The literacy program on the ship is a great way for the deployed parent to interact with their child.
- A calendar set up just for your little one to mark off the days that their parent is gone.
- Arrange for deployed parent to send special occasion gifts home.
- Have child make a tape recording of their voice or a video to send to the deployed parent.
- Try interaction with other children who have a deployed parent too.
- Use a world map to follow Mom or Dad's journey.

Reassuring children of the deployed parents love, safety, and assurance of their homecoming is a vital ingredient to a healthy happy child.



Helpful Hints from PCC Van Diver

First let me introduce myself. I'm Chief Postal Clerk Isadore Deon Van Diver, a native of Baton Rouge, Louisiana. I bring to the USS NIMITZ family, twenty-two years of postal experiences that I gained from two wonderful tours in Europe, two Naval Mail Centers in CONUS and a variety of sea tours serving on board the USS Richard E. Byrd DDG-23, USS AMERICA CV-66 and USS THEODORE ROOSEVELT CVN-71.

Currently, we are deployed for the first time since returning to San Diego California from Newport News, Virginia. And for some, this could be the first deployment ever. The U.S. Postal Service will be your tool to reach out and touch your love one. Therefore, to ensure we provide the best possible service we like to give you some helpful mailing tips. As always, there are the customs duty requirements.

While deployed, all packages mailed must have a customs declarations form attached. This includes any item containing merchandise or printed matter...basically, anything other than letters. Additionally, there are customs exemptions you need to be aware of. Each package mailed with a value less than \$100.00 is considered a bona-fide gift. The values are determined by the retail value in the country of acquisitions. When completing the custom declarations form, just check the block that indicates gift, then write Bona Fide Gift in the contents section. Items with a value less than \$200.00 are considered as personal use. It is also exempt from customs duty. However, any item value that exceeds \$200.00 is subject to customs duty. Custom Declaration forms must be signed by the mailer. Another hot topic is mailing restrictions; those are items that cannot be mailed. Consult with your local post office to review the International Mail Manual (IMM). The IMM provides a complete list of mailing restriction items for each country that are members of the Universal Postal Union. It is a helpful tool when determining what can or cannot be mailed.

Finally, the mailing address...that is the most important item needed to mail your package or letter. You'll be amazed at the amount of mail that becomes misguided because of incorrect mailing addresses. Try using the following address format:

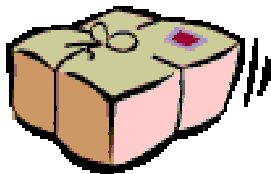
"Members Rank and Name
Department/Division
USS NIMITZ CVN-68
FPO AP 96620-2820

"OR"

Member Rank and Name"
VFA Squadron
Unit ID#
FPO AP 96601-0001

Hopefully, the information provided will assist you in your mailing adventure. There is a local post office in every town or city. Any complaints should be taken immediately to the post office where your package or letter was mailed. If unable to return to that post office, then any post office Claims and Inquiry section will help. Just remember to bring your proof of mailing.

Postal problems requiring my attention can be relayed to the CMC via your Ombudsman so we may resolve your matter. I'm looking forward to serving you and your service member.



News You Can Use

California law states that all children up to 6 years or 60 lbs. Must be properly restrained in an appropriate child restraint system including child booster seats. Fines can cost up to \$270 per child.

Do you or someone you know qualify for WIC?

The Women, Infant, and Children's Program offers vouchers for nutritious food to pregnant women, women with new babies, and children under 5 years. Financial eligibility is based on household size and income. For example, a family of four can earn up to \$2791 a month and receive benefits. Call 1-800-500-6411 or www.sandiegoredcross.org for more information

Ombudsman Contact Information -----

Careline – 1-800-600-NAVY
Pager – 619-896-1600
Email ussnimitzombudsman@yahoo.com

Healthy Start Program would like to welcome all military moms and dads along with their children to the Healthy Start Military Family Cluster Murphy Canyon Playgroup. The playgroup meets on Wednesday mornings from 10:00 – 11:00 am at the Murphy Canyon Youth Center Park. For more information call (858) 496-0044.

Babysitter's Training Course

Every month, the American Red Cross offers a fun and interactive babysitting course that covers safety and safe play, basic care, first aid and essential professional leadership and caregiving skills. The 8.5 hour course also includes tips on finding babysitting jobs. There is a fee and students must be at least 11 years of age. Visit www.sandiegoredcross.org for class times and locations.

Handy Phone Numbers

| | |
|---------------------|----------------|
| American Red Cross | (877) 272-7337 |
| Chaplain: NASNI | (619) 545-8213 |
| 32 nd ST | (619) 556-1921 |
| Murphy Canyon | (619) 556-3570 |
| FFSC: NASNI | (619) 545-6071 |
| 32 nd St | (619) 556-7439 |
| Navy Relief: NASNI | (619) 545-7202 |
| 32 nd St | (619) 238-1587 |

Children's Book Party 2003

Reading Literacy Learning Inc. presents it's 18th annual Children's Book Party on Saturday, April 26th from 8:30 – 10:30 AM at the Organ Pavilion in Balboa Park. All children are welcome and admission is free. Children will receive free new books, and entertainment, and refreshments will be provided. For further information call (619) 266-4118.